



Dracut Council on Aging Newsletter

JUNE 2013

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442

Editor, Joyce H. Shadan

Website: **www.dracut-ma.us**

E-Mail: **councilonaging@dracut-ma.us**

Bright sunshine, vibrant blooms and celebrations abound. June is the nicest month of the summer season. Graduations, weddings and father's day are better celebrated outdoors.

Each June we host our Annual Talent Show. Do you like to sing or dance? Or is playing a musical instrument your passion? It's your time to shine! HomeInstead Senior Care is once again hosting this event on Wednesday June 26th at 12noon. This years theme is The Big Band Era. You remember the music from Benny Goodman, "The King of Swing" or Glenn Miller famous Chattanooga Choo Choo and so many others. A delicious lunch will be served and Dracut's talent will entertain you. Please sign up by the 21st to be in the show and if you'll be attending. To get your creative juices flowing come and watch the video of last year's talent show on Mon. the 10th at 10am.

Our last Veterans breakfast till Sept. will be held on Tues. June 18th at 9am. Dracut Access T.V. has a new program called Dracut Incorporated featuring Dracut's Town Departments and what they do. We'll be showing the filming of the Dracut Council on Aging on Mon. June 24th at 10am.

Come and see this informative video of the senior center as activities are taking place. You might see yourself in the video. You can also watch the series on dracuttv.org

Prestige Senior Living will speak on how to assist elderly persons with downsizing their homes, and offer choices on assisted living and other options. Refreshments will be served, join us on Thurs. June 13th at 10am. If it's June it must be Ice Cream Stand Wednesdays. Each Wednesday we will visit an ice cream stand for a cool and delicious treat. The movie of the month will feature "Parental Guidance" a funny movie about grandparents and their grandchildren.

Lunch and shopping are one of my favorite activities and our Friday's Quick Trips have been very successful through the years. In June, Wal-Mart and Bobolas are on the 7th, The Christmas Tree and Clam Box in Salem, N.H. on the 14th, HomeGoods and Big Lots and lunch at the Lilac Blossom for Chinese food on the 21st, Target and the Red Robin in Nashua on the 28th.

Please join us on Thurs. the 27th at 10am for coffee and refreshments and lively conversation.

We are Dracut's Center for Healthy Aging at the Dracut Council on Aging,
The Best Place in Town.

Executive Director, Joyce Shadan

COUNCIL ON AGING STAFF

=====

Joyce H. Shadan,
Executive Director
Judy Gilbert, *Social Services*
Volunteer Coordinator
Donna Houston
Outreach Coordinator
Pat Cahill
Clerk/Bookkeeper
Alma Reeves,
Administrative Assistant
Anita Chartier, *Bus Driver*
Russ Lahaise, *Bus Driver*
Charlene Bennett, *Bus Driver*
Gertrude Frechette, *Custodian*
Bob Houston, *Custodian*
Monica Gagne, *Greeter, CTI*

NUTRITION PROGRAM

Debra Lasorsa, *Site Manager*
Donna Campbell, *Site Aide*

COUNCIL ON AGING BOARD

Pat Merrill, *Chairperson*
Ann Casey, *Vice Chairperson*
Mary Jo Sudol, *Treasurer*
Renee Espinola, *Secretary*

MEMBERS

William O'Neill
Chet Pater
Gerald Surprenant
Lt. Mike Fluery
Louis Darvirris
Omer Matte

Senior Center Hours
Monday through Friday
8:00 am to 4:00 pm

Social Services

June 2013

Your health and driving safely...The RMV and you.

Hearing Hearing loss, by itself, does not impair a person's ability to drive. If your family members or doctor tell you that they've notice a change in your hearing it's important to take note of these warnings. Check with an ENT or audiologist about any concerns you might have. Here at the center we also offer a free monthly hearing clinic with Chris Sweeter from **Affordable Hearing**. Call for more information. **Remember, Massachusetts is a self reporting state that makes it your responsibility to report medical conditions that may affect your ability to drive safely.**

.Donna Houston, Outreach Coordinator

We are pleased to begin our 3rd Bone Builders class this month. The class will be held on Wednesdays & Fridays afternoon from 1:00-2:00pm. We would like to welcome the leaders for the new class, Ruth Sullivan, Judy Barber and Anna Collupy. We thank all our Bone Builders Leaders for all their time , commitment and hard work. Bone Builders is a wonderful class with positive results for your body and soul.

.Judy Gilbert , Social Services/ Volunteer Coordinator

MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least two mornings in advance by calling the Title III # 978-957-0129, speak with Debbie Lasorsa between 9:00 am and 12:30 pm. Meals are served at the center at 11:30 am. \$2.00 donation.

Meals on Wheels are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels.

DRACUT SENIOR CITIZENS PROPERTY TAX WORK OFF PROGRAM 2013

Work in town department for 62.5 hours and receive \$500 off your property tax bill. Apply at the DCOA 951 Mammoth Rd. Dracut. Application Period: Open until slots are filled. To be eligible for this program an applicant must be 60yrs.or older. A homeowner or current spouse of homeowner. Reside in the town of Dracut. Occupy the property for which the taxes are paid. Present a copy of the current property tax notice upon application. Be retired and not working as of Jan. 1st of the program year. Work 62.5 hours in the program in order to receive a \$500 credit to their tax bill in the following year. The taxpayer may not be receiving any other abatement or exemption from the town of Dracut. Present an income tax return, first two pages of Federal Tax Return 1040. If the applicant does not file taxes, forms 4506-T will need to be completed. 4506-T forms are available at the COA office.

TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social day-care, hair salons, barber shops, quick trips, CVS, Walmart*, banking, nursing home visits & other locations. The fare is \$1 each way and bus ticket for 20 rides are \$18. Quick trips are \$3.00 round trip.

MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM

Lowell \$2.00 each way; Dracut \$1.00 each way

Tewksbury, Harvard Vanguard, Research Place, Lowell VA & Village Square Chelmsford -\$3.00 one way;

\$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only**

Everyone must be picked up before 2PM

Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment.

VOLUNTEER PROGRAMS

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities .Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. FGP Foster Grandparent Program, volunteer in schools, daycare and Head Start facilities and after school programs. They work with children who need extra help and attention to thrive and succeed. Dracut public schools would like to have more FGP volunteers in their classes. Learn about opportunities and benefits with CTI's volunteer program. **Please call Judy Gilbert at 978-957-2611 or stop by the center.**

ALTERNATIVE FORMATS: To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc), please contact A.D.A. Officer William Zounes at 978-453-9492

SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available **Wed. June 12th & 26th** Please make your appointment at the office by calling. 978-957-2611

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

Health Clinics

Dracut Council on Aging
951 Mammoth Road

Nancy Harding, RN from the VNA
Every Thursday from 1:30-3:45PM,
blood pressure checks, weight monitor-
and personal consultation. **Blood sugar testing (3rd
Thursday at 2:30 pm) for known Diabetics.** 100% OF
ALL DONATIONS GO THE VNA FOR THE ENHANCEMENT OF
VNA SERVICES.



ing

DRACUT SENIOR CITIZEN'S CLUB

The Dracut Senior Citizen's Club is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join., stop by the Dracut COA every Tues. @ 9:30—11:00 and every Thurs. @ 9:30—12:45 for a membership. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise note. **Meeting Wed. June 12th. There will be no meetings in July and August.**

A bingo game is held right after the meeting.
Annual dues are \$2.00 payable on meeting days.
Call Ed Bishop for more info @ 978-453-0969

THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

*No fees or registration

*No financial, age or residency restrictions

*Cannot be used with insurance

See or call Donna Houston at 978-957-2611

Or on line @ www.needymeds.org
download, print, clip and save.

Second Hand Rose

Thrift Shop - Open Daily
Dracut Council on Aging
951 Mammoth Road
8:00-4:00p.m.

Donations of new or gently used, clean items arrive almost every day and are greatly appreciated.

General Public Welcome

All proceeds benefit the Friends of the
Dracut Elderly, Inc.

FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan
Treasurer, Pat Cahill
Clerk, Barbara Dickinson
Member, Judy Fuller
Member, Linda Bloomgren
Member, Mary Beth Shanahan

The Friends are a fundraising group for the sole purpose of the Dracut Council on Aging. They supplement the cost for classes such as the Art class, Energetics, Tai Chi & Computer class. They purchase supplies for the senior center such as paper goods, decorations, furniture, wall décor, curtains & whatever is needed. All volunteer events & parties & the Director's Coffee hour are sponsored by the Friends such as gifts, food & entertainment. Part of their mission is help for seniors in the community who are in need. They raise funds through "second hand rose" thrift shop & various basket raffles etc. Anyone who wishes to be a sponsor may do so at anytime. A \$3.00 donation or any amount is appreciated. We hope you will take this opportunity to join the Friends or renew your annual membership.

THANK YOU

Thank You to Frank Sleeper for his generous donation to the Friends.

JUNE 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cards/Pool/Chess 3 Wii/Foosball 10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 4 Wii/Foosball 9:00-10:00.....Energetics 9:00-11:00...Art Classes 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 5 Wii/Foosball 9-11Beginners Computer 10-11.....Bone Builders 10-11.....Tai Chi 12:00...Ice Cream Stand 1-2.....Bone Builders 3:00.....Reiki	Cards/Pool/Chess 6 Wii/Foosball 9:00-10:00.....Energetics 9:30-12...Quilting Group 10:00.. 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:34...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 7 Wii/Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30..Walmart & Bobola's 12:00.....Cribbage 1-2.....Bone Builders 3:00.....Reiki
Cards/Pool/Chess 10 Wii/Foosball 10:00..Lrg. Screen Video (2012 Talent Show) 10:00.....Bone Builders 10:30.....Bingo	Cards/Pool/Chess 11 Wii/Foosball 9:00-10:00.....Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:00.....Movie (Patental Guidance) 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 12 Wii/Foosball 9-11Beginners Computer 9:30-1:00.....Shine 10-11.....Bone Builders 12:00...Ice Cream Stand 1:00.....Senior Citizens Club Meeting 1-2.....Bone Builders 3:00.....Reiki	Cards/Pool/Chess 13 Wii/Foosball 9:00-10:00.....Energetics 9:30-12...Quilting Group 10:00.....Prestige Senior Living 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 14 Wii/Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30...Christmas Tree & Clambox in Salem N.H. 12:00.....Cribbage 1-2.....Bone Builders 3:00.....Reiki
Cards/Pool/Chess 17 Wii/Foosball 10:00.....Bone Builders 10:30.....Representative Colleen Garry will hold Office hours 1:00.....Bingo	Cards/Pool/Chess 18 Wii/Foosball 9:00...Veterans Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 19 Wii/Foosball 9-11Beginners Computer 10-11.....Bone Builders 10-11.....Tai Chi 12:00...Ice Cream Stand 1-2.....Bone Builders 2:30.Dracut COA Board Meeting 3:00.....Reiki	Cards/Pool/Chess 20 Wii/Foosball 9:00-11:00.....Energetics 9:30-12...Quilting Group 10:00.. 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 21 Wii/Foosball 9:00.....Bowling 9-00.....Line Dancing 9:30...HomeGoods/ Big Lots & Lilac Blossom (Chinese) 12:00.....Cribbage 1-2.....Bone Builders 3:00.....Reiki
Cards/Pool/Chess 24 Wii/Foosball 10:00...Lrg. Screen Video (Dracut Incorporated) 10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 25 Wii/Foosball 9:00-10:00.....Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 26 Wii/Foosball 9-11Beginners Computer 9:30-1:00.....Shine 10-11.....Bone Builders 10-11.....Tai Chi 12:00....Annual Talent Show 12:00...Ice Cream Stand 1-2.....Bone Builders 3:00.....Reiki	Cards/Pool/Chess 27 Wii/Foosball 9:00-10:00.....Energetics 9:30-12...No Quilting 10:30-11:30.....Bone Builders 10..Coffee with Director 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 28 Wii/Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30...Targets in Nashua & Red Robin 12:00.....Cribbage 1-2.....Bone Builders 3:00.....Reiki



Groups - Classes - Events



Groups Classes

BEGINNER'S COMPUTING

With Pat Merrill

June 5, 12, 19 & 26th

Wednesdays 9:00-11:00

8 Weeks at \$15.00

FREE QUILTING CLASS

Thursdays 9:30am—12:00pm

ENERGETICS

June 4th - 27th

Tuesdays & Thursdays

9:00 –10:00

With Elaine Corsetti

\$20.00 per session

TAI CHI

With Connie Rock

June 5th. New class June 19th—July 26th

10:00—11:00

\$35 for Six Week Course

ART CLASS

With Stella Pappas

June 4, 11, 18 & 25th

Tuesdays at 9:00 am to 11:00 am

\$40.00 per 8 week session

Sponsored in part by a grant from the Dracut Cultural Council

BONE BUILDERS

FREE

Helps increase endurance & strength with activities to improve balance & to prevent falls.

Warm up exercises, stretching. Class uses weights. You work out at your own pace.

10:00-11:00 Mondays & Wednesdays

10:30-11:30 Tuesdays & Thursdays

1:00-2:00 Wednesdays & Fridays

For any info on classes please call **Judy Gilbert at 978-957-2611**

Lift Your Spirits

REIKI

EVERY TUESDAY—FRIDAY AT 3:00PM

\$3.00 a session

Reiki is an ancient touch therapy technique that compliments traditional pain therapies.

Reiki has a positive effect on all forms of illness from minor to chronic conditions such as arthritis, fibromyalgia and other pain syndromes. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate.

Please call the center to make an appointment.

NOTE: PLEASE PAY FOR CLASSES WITH A CHECK MADE OUT TO:

The Friend's of The Dracut Elderly, Inc.

Bowlers Needed

Small candlepins Bowling @Park Lanes in Windham, NH Fridays at 9AM. \$12.00 includes bowling and all banquets. **Call the COA office at 978-957-2611**

BEGINNERS LINE DANCING

With Marcella Groulx

Every Friday @ 9:00—10:00 am **\$2 a class**

\$2.00 a class

Library News

DCOA Librarian: Ruth Chappas

The DCOA Library has a magnifier for enlarging print. The magnifier is available during Center hours.

Group jigsaw puzzle every day in the Library.

Chess Game Set Up In Library

LEGACIES VOLUME IX ANTHOLOGY

Are available at the senior center for **\$3.00**

In Memoriam, Friends of the Dracut Elderly, Inc. memorial cards are available at the center

UP COMING EVENTS IN JUNE

**Affordable Hearing, Hearing Clinic
with Christopher Streeter Monday June 10th
10am –12pm
Please call for appointment at 978-957-2611.**

LARGE SCREEN VIDEOS

Mon. June 10th at 10am

2012 Talent Show

Mon June 24th at 10 am

Dracut Incorporated

DINNER & MOVIE

Tuesday June 11th.

at 11:30

Dinner: Rotisserie chicken. **Call Debbie at 978-957-0129** two days in advance to reserve your dinner. **Free Movie Starts at 12 Noon**

MOVIE: Patental Guildance

Old school grandfather Artie is accustomed to calling the shots. He meets his match when he and his wife Diane agree to babysit their three grand-kids. But when 21st century problems collide with Artie and Diane's old school methods of tough love, it's learning to bend that binds the family together.

Staring: Billy Crystal, Bette Midler and Marisa Tomei. **Rated:** PG Free popcorn 7 drinks served.

Prestige Senior Living

Will speak on downsizing elders homes.

Thurs. June 13th at 10am

Refreshments will be served

Representative Colleen Garry

Will hold office hours at the COA on

Monday June 17th. at 10:30 am

Veterans Breakfast

Tuesday June 18th at 9am

All veterans and spouses are welcome.

Quick Trips for June 2013

Friday-June 7th..Walmart & Bobola's

Friday-June 14th...Christmas Tree & Clambox in Salem, N.H.

Friday-June 21st...HomeGoods/ Big Lots & Lilac Blossom

Friday-June 28th...Target in Nashua & Red Robin

Congratulations to our Ninth Annual Legacies Contest Winners

A Challenge in Your Life
The Pie Plate, **by Pat Lobas**

A Story For Your Great-Grandchildren
I am Rich, Rich, Rich, **by Joseph Bass**

Spiritual Experience
Fred "The Harmonica Man" **by Rev. Sylvia F. Robinson**

Funny or Sentimental Stories
Safari, **by Hope Hamblet**

The Legacies Anthology Books are on sale for \$3 at the senior center. You can read more stories by authors, **Mary Adie, Dominic Contardo, Helene Gove, Mary Guziejka, Authur Kostoulakos and Norma Taplen**

TALENT SHOW

Hosted by HomeInstead Senior Care

June 26th, 2013 at 12pm

Please call Donna by June 21st. at 978-957-2611 if you like to attend or to participate in the show. Free lunch will be served.

DIRECTOR COFFEE HOUR

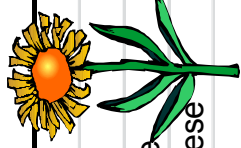
Thursday June 27th at 10am

Stop by for coffee and refreshments.

Discussion on up coming events, issues and concerns.

Please Note: Copies of this newsletter are placed in the following locations:

Alexander's Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D'Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola's Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw's, St. Mary Magdalene Church, Tedeschi's (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D'Youville Parish.



3	4	5	6	7
Baked Chicken (10 PC)	Stuffed Shells	Cranberry Juice	Roast Turkey with Gravy	Egg Salad
Red Bliss Whip Potato	Marinara Sauce	Potato Crunch Fish	Cranberry Sauce	Red Bliss Potato Salad
California Blend Veggies	Parmesan Cheese	Dirty Rice	Herb Whipped Potatoes	Spinach, Mushroom Salad
Cranberry Sauce	Peas & Carrots	Green Beans	Country Blend Vegetables	Pita Bread
Calories: 380 Sodium: 319	Calories: 316 Sodium: 606	Calories: 504 Sodium: 384	Calories: 371 Sodium: 696	Calories: 565 Sodium: 923
10	11	12	13 High Sodium Meal	14
Meatloaf with Gravy	Rotisserie Chicken	Mild Chili	LS Hot Dog	Turkey Cold Plate
Garlic Whip Potato	Florentine Rice	Potato Wedges	Mustard & Relish	Cran.Sauce / LF Mayo
Peas and Carrots	Scandinavian Veggies	Ketchup	Baked Beans	LF/LS Macaroni Salad
		Broccoli	Coleslaw	Lettuce&Cherry Tomatoes
				Sandwich Roll
Calories: 453 Sodium: 490	Calories: 281 Sodium: 179	Calories: 420 Sodium: 356	Calories: 500 Sodium: 1379	Calories: 646 Sodium: 1003
17	18	19	20 Birthday Dinner	21 High Sodium Meal
Chicken Marsala	Apple Juice	BBQ Pork Patty	Pineapple Ginger Chicken	Sliced Ham & Cheese
Whipped Potatoes	American Chop Suey	LS Potato Chips	White Rice	Mustard
Carrot	Mixed Vegetables	Peas and Carrots	California Blend Veggies	LS Tossed Salad
Coins	Parmesan Cheese			LS/LF Potato Salad
				Light Rye Bread
Calories: 331 Sodium: 556	Calories: 389 Sodium: 807	Calories: 505 Sodium: 695	Calories: 307 Sodium: 366	Calories: 443 Sodium: 1169
24	25	26	27	28
Krunchy Lite Fish	Grilled Chicken & Gravy	Shaved Steak Sandwich	Pork Roast	Chicken Salad
Florentine Rice	Whip Potato & Chives	with Peppers and Onions	Gravy	LS/LF Potato Salad
Country Blend Veggies	Mixed Vegetables	LF Mayonnaise & Ketchup	Whip Potatoes	Shredded Lettuce
		Potato Wedges / Corn	California	Cherry Tomatoes
		Sub Roll	Blend Veggies	Hot Dog Roll
Calories: 318 Sodium: 335	Calories: 337 Sodium: 545	Calories: 610 Sodium: 820	Calories: 399 Sodium: 248	Calories: 405 Sodium: 343

Sodium is listed in milligrams.

Suggested donation is \$2.00 per meal.

All meals served with low-fat milk, bread, margarine and dessert.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

